

# 2015 WEBINAR CALENDAR

## EMPLOYEE ASSISTANCE PROGRAM



|     | Monthly Theme   | Monthly Webinar Title   | Webinar Description   |
|-----|---|---|---|
| JAN | <b>GET YOUR HEAD IN THE GAME</b><br>Focus on the now                | <b>The Mind-Body Connection</b><br>JAN 20 <sup>th</sup> — 12 pm, 2 pm ET                                | Learn to recognize and manage stressful situations, practice relaxation techniques, and understand the benefits of making the mind-body connection  |
| FEB | <b>FINANCIAL FITNESS</b><br>How to live lean                        | <b>Financial Fitness:<br/>Living Within a Realistic Budget</b><br>FEB 17 <sup>th</sup> — 12 pm, 2 pm ET | Living within a budget can seem restrictive—similar to being on a diet. Learn about common money mistakes as well as practical and realistic tips for living within a budget.   |
| MAR | <b>GET IT TOGETHER</b><br>Make your disaster plan                   | <b>Practical Strategies to Stay Safe</b><br>MAR 17 <sup>th</sup> — 12 pm, 2 pm ET                       | Learn strategies to keep you and your family safe in case of natural disasters, terrorist attacks, or other emergencies.  |
| APR | <b>ADDRESSING ANXIETY</b><br>How to take charge                     | <b>Disrupting Negative Thoughts</b><br>APR 21 <sup>st</sup> — 12 pm, 2 pm ET                            | Learn how to gain control over negative thoughts and increase recognition of the positives occurring in your life.  |
| MAY | <b>SIGN ON THE DOTTED LINE</b><br>Essential documents for everyone  | <b>Estate Planning:<br/>Five Essential Documents</b><br>MAY 19 <sup>th</sup> — 12 pm, 2 pm ET           | Learn the key documents everyone over 18 should have prepared so your family understands your wishes regarding your health, money, and property.  |
| JUN | <b>BETTER TOGETHER</b><br>Workplace communication and collaboration | <b>Communication Skills<br/>for Collaboration</b><br>JUN 16 <sup>th</sup> — 12 pm, 2 pm ET              | Learn about different communication styles, why communication sometimes fails, and strategies to create a respectful and cohesive workplace.  |
| JUL | <b>UNPLUG TO RECHARGE</b><br>How to disconnect                      | <b>Information Overload</b><br>JUL 21 <sup>st</sup> — 12 pm, 2 pm ET                                    | Review practical tips for managing your devices and applications to eliminate distraction and create more focus in your professional and personal lives.  |
| AUG | <b>CAUGHT IN THE MIDDLE</b><br>The new sandwich generation          | <b>Strategies for<br/>Multigenerational Caregiving</b><br>AUG 18 <sup>th</sup> — 12 pm, 2 pm ET         | Learn about the emotional and financial impact of being a member of the sandwich generation. Discover coping mechanisms that help restore work-life balance and support resilience.   |
| SEP | <b>SHIFTING GEARS</b><br>Learn to negotiate change                  | <b>Coping With Change</b><br>SEP 15 <sup>th</sup> — 12 pm, 2 pm ET                                      | Learn personal strategies on how to deal with both the losses and the gains that change brings to your life.  |
| OCT | <b>HEADS UP</b><br>Tips for better brain health                     | <b>Know the 10 Signs</b><br>OCT 20 <sup>th</sup> — 12 pm, 2 pm ET                                       | Learn to identify the 10 early warning signs of Alzheimer's disease through this webinar presented by the National Alzheimer's Association. Review the differences between age-related memory lapses and the signs of dementia. |
| NOV | <b>QUIT IT</b><br>Dropping unhealthy habits                         | <b>Stick With It</b><br>NOV 17 <sup>th</sup> — 12 pm, 2 pm ET   | Using strategies developed by the Mayo Clinic, discover the unrealistic expectations that could be impacting your ability to stick with positive change.  |
| DEC | <b>START SOMETHING</b><br>Change your life for the better           | <b>Creating a Personal<br/>Development Plan</b><br>DEC 15 <sup>th</sup> — 12 pm, 2 pm ET                | Learn to recognize types of goals and understand effective goal setting. Explore potential obstacles that can create barriers to reaching your goals.   |



### TO REGISTER:

Go to [www.nationaleap.com](http://www.nationaleap.com) and log-in with your company's username and password OR call us toll-free at:

TOLL-FREE: **800-624-2593** TTY/TTD: **866-228-2809**

[www.nationaleap.com](http://www.nationaleap.com)